



An A&K Guide to Travelling with Children

Before you Travel

- Check passports are in date, many children's passports only last 5 years, so allow ample time to get any expired passports renewed
- Ask your A&K Tour Consultant to research hotels with free, good quality wi-fi and of course for hotels with special family inspired offers
- Let A&K book interconnecting or larger family rooms for your party
- Consider booking a serviced apartment for your family
- Ask your A&K Tour Consultant for recommendations of child friendly restaurants and babysitting facilities
- If you have fussy eaters, consider requesting sample menus in advance
- Involve your child/ teenager with planning the holiday, keep the whole family happy, everyone has different interests, try to appeal to everyone
- For long-haul overnight flights book aeroplane seats with space for a bassinet cot and extra leg room to allow for restless children
- Pack first-aid kits, paracetamol based medicines, anti-histamine for any unexpected allergies and sterilizing tablets for cleaning bottles
- Teach your child some local words or phrases, show older children maps and guides to where you are staying
- Make sure you are prepared for the new climate

The Journey

- Allow for plenty of time, this compensates for emergencies and the many toilet stops!
- Travel well-equipped; bring your child's favourite books, crayons and small toys; entertainment is key
- Bring extra clothes for those unexpected emergencies
- Ensuring a window seat can help to keep children entertained
- Give your child the opportunity to run off steam before boarding the plane; most airports have kids zones
- Have plenty of spontaneous family games ready in the event of delays
- Give babies and small children drinks when taking off and landing to help with painful ears due to the pressure change
- Bring audiobooks or download some popular and easy to use children's' apps onto your tablet beforehand (many of these are free). Tablets are the best toy for space economy

At the Destination

- An A&K Guardian Angel will be only too happy to assist with airport procedures
- Don't plan too much on day one, particularly if your party are jetlagged
- Build in time for rests and spontaneity at your destination
- Ask your A&K Tour Consultant to allow for later starts to the days in your itinerary, giving you time to organise the family
- Resist changing hotels every night
- Most hotels offer: highchairs, baby baths, toiletries, and extra beds free of charge, ask your A&K Tour Consultant to find out about all relevant amenities
- Many hotels provide games consoles and DVD players on request
- For fussy eaters, let children try adult dishes and always bring supplies of food they like as a back-up
- Give your child their own camera to encourage them to observe their surroundings and focus on what interests them. This will not only help with entertainment but you may be surprised at the results from their view
- Encourage your children to draw and collect items/postcards from the places they have visited
- Where possible make sure that interactive/hands-on activities are included in your itinerary
- A&K Tour Consultants are experts at matching families with appropriate child friendly local guides, endeavouring to cater for all your needs.